

Rechenzeiten 400m - Strecken

Prozent	125%	120%	115%	110%	109%	108%	107%	106%	105%	104%	103%	102%	101%	100%	99%	98%	97%	96%	95%	90%	85%	80%	75%	70%	65%	60%	55%	50%
Zeit	06:15,00	06:40,00	07:05,00	07:30,00	07:35,00	07:40,00	07:45,00	07:50,00	07:55,00	08:00,00	08:05,00	08:10,00	08:15,00	08:20,00	08:25,00	08:30,00	08:35,00	08:40,00	08:45,00	09:10,00	09:35,00	10:00,00	10:25,00	10:50,00	11:15,00	11:40,00	12:05,00	12:30,00
	06:14,25	06:39,20	07:04,15	07:29,10	07:34,09	07:39,08	07:44,07	07:49,06	07:54,05	07:59,04	08:04,03	08:09,02	08:14,01	08:19,00	08:23,99	08:28,98	08:33,97	08:38,96	08:43,95	09:08,90	09:33,85	09:58,80	10:23,75	10:48,70	11:13,65	11:38,60	12:03,55	12:28,50
	06:13,50	06:38,40	07:03,30	07:28,20	07:33,18	07:38,16	07:43,14	07:48,12	07:53,10	07:58,08	08:03,06	08:08,04	08:13,02	08:18,00	08:22,98	08:27,96	08:32,94	08:37,92	08:42,90	09:07,80	09:32,70	09:57,60	10:22,50	10:47,40	11:12,30	11:37,20	12:02,10	12:27,00
	06:12,75	06:37,60	07:02,45	07:27,30	07:32,27	07:37,24	07:42,21	07:47,18	07:52,15	07:57,12	08:02,09	08:07,06	08:12,03	08:17,00	08:21,97	08:26,94	08:31,91	08:36,88	08:41,85	09:06,70	09:31,55	09:56,40	10:21,25	10:46,10	11:10,95	11:35,80	12:00,65	12:25,50
	06:12,00	06:36,80	07:01,60	07:26,40	07:31,36	07:36,32	07:41,28	07:46,24	07:51,20	07:56,16	08:01,12	08:06,08	08:11,04	08:16,00	08:20,96	08:25,92	08:30,88	08:35,84	08:40,80	09:05,60	09:30,40	09:55,20	10:20,00	10:44,80	11:09,60	11:34,40	11:59,20	12:24,00
	06:11,25	06:36,00	07:00,75	07:25,50	07:30,45	07:35,40	07:40,35	07:45,30	07:50,25	07:55,20	08:00,15	08:05,10	08:10,05	08:15,00	08:19,95	08:24,90	08:29,85	08:34,80	08:39,75	09:04,50	09:29,25	09:54,00	10:18,75	10:43,50	11:08,25	11:33,00	11:57,75	12:22,50
	06:10,50	06:35,20	06:59,90	07:24,60	07:29,54	07:34,48	07:39,42	07:44,36	07:49,30	07:54,24	07:59,18	08:04,12	08:09,06	08:14,00	08:18,94	08:23,88	08:28,82	08:33,76	08:38,70	09:03,40	09:28,10	09:52,80	10:17,50	10:42,20	11:06,90	11:31,60	11:56,30	12:21,00
	06:09,75	06:34,40	06:59,05	07:23,70	07:28,63	07:33,56	07:38,49	07:43,42	07:48,35	07:53,28	07:58,21	08:03,14	08:08,07	08:13,00	08:17,93	08:22,86	08:27,79	08:32,72	08:37,65	09:02,30	09:26,95	09:51,60	10:16,25	10:40,90	11:05,55	11:30,20	11:54,85	12:19,50
	06:09,00	06:33,60	06:58,20	07:22,80	07:27,72	07:32,64	07:37,56	07:42,48	07:47,40	07:52,32	07:57,24	08:02,16	08:07,08	08:12,00	08:16,92	08:21,84	08:26,76	08:31,68	08:36,60	09:01,20	09:25,80	09:50,40	10:15,00	10:39,60	11:04,20	11:28,80	11:53,40	12:18,00
	06:08,25	06:32,80	06:57,35	07:21,90	07:26,81	07:31,72	07:36,63	07:41,54	07:46,45	07:51,36	07:56,27	08:01,18	08:06,09	08:11,00	08:15,91	08:20,82	08:25,73	08:30,64	08:35,55	09:00,10	09:24,65	09:49,20	10:13,75	10:38,30	11:02,85	11:27,40	11:51,95	12:16,50
	06:07,50	06:32,00	06:56,50	07:21,00	07:25,90	07:30,80	07:35,70	07:40,60	07:45,50	07:50,40	07:55,30	08:00,20	08:05,10	08:10,00	08:14,90	08:19,80	08:24,70	08:29,60	08:34,50	08:59,00	09:23,50	09:48,00	10:12,50	10:37,00	11:01,50	11:26,00	11:50,50	12:15,00
	06:06,75	06:31,20	06:55,65	07:20,10	07:24,99	07:29,88	07:34,77	07:39,66	07:44,55	07:49,44	07:54,33	07:59,22	08:04,11	08:09,00	08:13,89	08:18,78	08:23,67	08:28,56	08:33,45	08:57,90	09:22,35	09:46,80	10:11,25	10:35,70	11:00,15	11:24,60	11:49,05	12:13,50
	06:06,00	06:30,40	06:54,80	07:19,20	07:24,08	07:28,96	07:33,84	07:38,72	07:43,60	07:48,48	07:53,36	07:58,24	08:03,12	08:08,00	08:12,88	08:17,76	08:22,64	08:27,52	08:32,40	08:56,80	09:21,20	09:45,60	10:10,00	10:34,40	10:58,80	11:23,20	11:47,60	12:12,00
	06:05,25	06:29,60	06:53,95	07:18,30	07:23,17	07:28,04	07:32,91	07:37,78	07:42,65	07:47,52	07:52,39	07:57,26	08:02,13	08:07,00	08:11,87	08:16,74	08:21,61	08:26,48	08:31,35	08:55,70	09:20,05	09:44,40	10:08,75	10:33,10	10:57,45	11:21,80	11:46,15	12:10,50
	06:04,50	06:28,80	06:53,10	07:17,40	07:22,26	07:27,12	07:31,98	07:36,84	07:41,70	07:46,56	07:51,42	07:56,28	08:01,14	08:06,00	08:10,86	08:15,72	08:20,58	08:25,44	08:30,30	08:54,60	09:18,90	09:43,20	10:07,50	10:31,80	10:56,10	11:20,40	11:44,70	12:09,00
	06:03,75	06:28,00	06:52,25	07:16,50	07:21,35	07:26,20	07:31,05	07:35,90	07:40,75	07:45,60	07:50,45	07:55,30	08:00,15	08:05,00	08:09,85	08:14,70	08:19,55	08:24,40	08:29,25	08:53,50	09:17,75	09:42,00	10:06,25	10:30,50	10:54,75	11:19,00	11:43,25	12:07,50
	06:03,00	06:27,20	06:51,40	07:15,60	07:20,44	07:25,28	07:30,12	07:34,96	07:39,80	07:44,64	07:49,48	07:54,32	07:59,16	08:04,00	08:08,84	08:13,68	08:18,52	08:23,36	08:28,20	08:52,40	09:16,60	09:40,80	10:05,00	10:29,20	10:53,40	11:17,60	11:41,80	12:06,00
	06:02,25	06:26,40	06:50,55	07:14,70	07:19,53	07:24,36	07:29,19	07:34,02	07:38,85	07:43,68	07:48,51	07:53,34	07:58,17	08:03,00	08:07,83	08:12,66	08:17,49	08:22,32	08:27,15	08:51,30	09:15,45	09:39,60	10:03,75	10:27,90	10:52,05	11:16,20	11:40,35	12:04,50
	06:01,50	06:25,60	06:49,70	07:13,80	07:18,62	07:23,44	07:28,26	07:33,08	07:37,90	07:42,72	07:47,54	07:52,36	07:57,18	08:02,00	08:06,82	08:11,64	08:16,46	08:21,28	08:26,10	08:50,20	09:14,30	09:38,40	10:02,50	10:26,60	10:50,70	11:14,80	11:38,90	12:03,00
	06:00,75	06:24,80	06:48,85	07:12,90	07:17,71	07:22,52	07:27,33	07:32,14	07:36,95	07:41,76	07:46,57	07:51,38	07:56,19	08:01,00	08:05,81	08:10,62	08:15,43	08:20,24	08:25,05	08:49,10	09:13,15	09:37,20	10:01,25	10:25,30	10:49,35	11:13,40	11:37,45	12:01,50
	06:00,00	06:24,00	06:48,00	07:12,00	07:16,80	07:21,60	07:26,40	07:31,20	07:36,00	07:40,80	07:45,60	07:50,40	07:55,20	08:00,00	08:04,80	08:09,60	08:14,40	08:19,20	08:24,00	08:48,00	09:12,00	09:36,00	10:00,00	10:24,00	10:48,00	11:12,00	11:36,00	12:00,00
	05:59,25	06:23,20	06:47,15	07:11,10	07:15,89	07:20,68	07:25,47	07:30,26	07:35,05	07:39,84	07:44,63	07:49,42	07:54,21	07:59,00	08:03,79	08:08,58	08:13,37	08:18,16	08:22,95	08:46,90	09:10,85	09:34,80	09:58,75	10:22,70	10:46,65	11:10,60	11:34,55	11:58,50
	05:58,50	06:22,40	06:46,30	07:10,20	07:14,98	07:19,76	07:24,54	07:29,32	07:34,10	07:38,88	07:43,66	07:48,44	07:53,22	07:58,00	08:02,78	08:07,56	08:12,34	08:17,12	08:21,90	08:45,80	09:09,70	09:33,60	09:57,50	10:21,40	10:45,30	11:09,20	11:33,10	11:57,00
	05:57,75	06:21,60	06:45,45	07:09,30	07:14,07	07:18,84	07:23,61	07:28,38	07:33,15	07:37,92	07:42,69	07:47,46	07:52,23	07:57,00	08:01,77	08:06,54	08:11,31	08:16,08	08:20,85	08:44,70	09:08,55	09:32,40	09:56,25	10:20,10	10:43,95	11:07,80	11:31,65	11:55,50
	05:57,00	06:20,80	06:44,60	07:08,40	07:13,16	07:17,92	07:22,68	07:27,44	07:32,20	07:36,96	07:41,72	07:46,48	07:51,24	07:56,00	08:00,76	08:05,52	08:10,28	08:15,04	08:19,80	08:43,60	09:07,40	09:31,20	09:55,00	10:18,80	10:42,60	11:06,40	11:30,20	11:54,00
	05:56,25	06:20,00	06:43,75	07:07,50	07:12,25	07:17,00	07:21,75	07:26,50	07:31,25	07:36,00	07:40,75	07:45,50	07:50,25	07:55,00	07:59,75	08:04,50	08:09,25	08:14,00	08:18,75	08:42,50	09:06,25	09:30,00	09:53,75	10:17,50	10:41,25	11:05,00	11:28,75	11:52,50
	05:55,50	06:19,20	06:42,90	07:06,60	07:11,34	07:16,08	07:20,82	07:25,56	07:30,30	07:35,04	07:39,78	07:44,52	07:49,26	07:54,00	07:58,74	08:03,48	08:08,22	08:12,96	08:17,70	08:41,40	09:05,10	09:28,80	09:52,50	10:16,20	10:39,90	11:03,60	11:27,30	11:51,00
	05:54,75	06:18,40	06:42,05	07:05,70	07:10,43	07:15,16	07:19,89	07:24,62	07:29,35	07:34,08	07:38,81	07:43,54	07:48,27	07:53,00	07:57,73	08:02,46	08:07,19	08:11,92	08:16,65	08:40,30	09:03,95	09:27,60	09:51,25	10:14,90	10:38,55	11:02,20	11:25,85	11:49,50
	05:54,00	06:17,60	06:41,20	07:04,80	07:09,52	07:14,24	07:18,96	07:23,68	07:28,40	07:33,12	07:37,84	07:42,56	07:47,28	07:52,00	07:56,72	08:01,44	08:06,16	08:10,88	08:15,60	08:39,20	09:02,80	09:26,40	09:50,00	10:13,60	10:37,20	11:00,80	11:24,40	11:48,00
	05:53,25	06:16,80	06:40,35	07:03,90	07:08,61	07:13,32	07:18,03	07:22,74	07:27,45	07:32,16	07:36,87	07:41,58	07:46,29	07:51,00	07:55,71	08:00,42	08:05,13	08:09,84	08:14,55	08:38,10	09:01,65	09:25,20	09:48,75	10:12,30	10:35,85	10:59,40	11:22,95	11:46,50
	05:52,50	06:16,00	06:39,50	07:03,00	07:07,70	07:12,40	07:17,10	07:21,80	07:26,50	07:31,20	07:35,90	07:40,60	07:45,30	07:50,00	07:54,70	07:59,40	08:04,10	08:08,80	08:13,50	08:37,00	09:00,50	09:24,00	09:47,50	10:11,00	10:34,50	10:58,00	11:21,50	11:45,00
	05:51,75	06:15,20	06:38,65	07:02,10	07:06,79	07:11,48	07:16,17	07:20,86	07:25,55	07:30,24	07:34,93	07:39,62	07:44,31	07:49,00	07:53,69	07:58,38	08:03,07	08:07,76	08:12,45	08:35,90	08:59,35	09:22,80	09:46,25	10:09,70	10:33,15	10:56,60	11:20,05	11:43,50
	05:51,00	06:14,40	06:37,80	07:01,20	07:05,88	07:10,56	07:15,																					

Rechenzeiten 400m - Strecken

Prozent	125%	120%	115%	110%	109%	108%	107%	106%	105%	104%	103%	102%	101%	100%	99%	98%	97%	96%	95%	90%	85%	80%	75%	70%	65%	60%	55%	50%	
05:23,25	05:44,80	06:06,35	06:27,90	06:32,21	06:36,52	06:40,83	06:45,14	06:49,45	06:53,76	06:58,07	07:02,38	07:06,69	07:11,00	07:15,31	07:19,62	07:23,93	07:28,24	07:32,55	07:54,10	08:15,65	08:37,20	08:58,75	09:20,30	09:41,85	10:03,40	10:24,95	10:46,50	10:68,05	10:89,60
05:22,50	05:44,00	06:05,50	06:27,00	06:31,30	06:35,60	06:39,90	06:44,20	06:48,50	06:52,80	06:57,10	07:01,40	07:05,70	07:10,00	07:14,30	07:18,60	07:22,90	07:27,20	07:31,50	07:53,00	08:14,50	08:36,00	08:57,50	09:19,00	09:40,50	10:02,00	10:23,50	10:45,00	10:66,50	10:88,00
05:21,75	05:43,20	06:04,65	06:26,10	06:30,39	06:34,68	06:38,97	06:43,26	06:47,55	06:51,84	06:56,13	07:00,42	07:04,71	07:09,00	07:13,29	07:17,58	07:21,87	07:26,16	07:30,45	07:51,90	08:13,35	08:34,80	08:56,25	09:17,70	09:39,15	10:00,60	10:22,05	10:43,50	10:64,95	10:86,40
05:21,00	05:42,40	06:03,80	06:25,20	06:29,48	06:33,76	06:38,04	06:42,32	06:46,60	06:50,88	06:55,16	06:59,44	07:03,72	07:08,00	07:12,28	07:16,56	07:20,84	07:25,12	07:29,40	07:50,80	08:12,20	08:33,60	08:55,00	09:16,40	09:37,80	09:59,20	10:20,60	10:42,00	10:63,40	10:84,80
05:20,25	05:41,60	06:02,95	06:24,30	06:28,57	06:32,84	06:37,11	06:41,38	06:45,65	06:49,92	06:54,19	06:58,46	07:02,73	07:07,00	07:11,27	07:15,54	07:19,81	07:24,08	07:28,35	07:49,70	08:11,05	08:32,40	08:53,75	09:15,10	09:36,45	09:57,80	10:19,15	10:40,50	10:61,85	10:83,20
05:19,50	05:40,80	06:02,10	06:23,40	06:27,66	06:31,92	06:36,18	06:40,44	06:44,70	06:48,96	06:53,22	06:57,48	07:01,74	07:06,00	07:10,26	07:14,52	07:18,78	07:23,04	07:27,30	07:48,60	08:09,90	08:31,20	08:52,50	09:13,80	09:35,10	09:56,40	10:17,70	10:39,00	10:60,30	10:81,60
05:18,75	05:40,00	06:01,25	06:22,50	06:26,75	06:31,00	06:35,25	06:39,50	06:43,75	06:48,00	06:52,25	06:56,50	07:00,75	07:05,00	07:09,25	07:13,50	07:17,75	07:22,00	07:26,25	07:47,50	08:08,75	08:30,00	08:51,25	09:12,50	09:33,75	09:55,00	10:16,25	10:37,50	10:58,75	11:20,00
05:18,00	05:39,20	06:00,40	06:21,60	06:25,84	06:30,08	06:34,32	06:38,56	06:42,80	06:47,04	06:51,28	06:55,52	06:59,76	07:04,00	07:08,24	07:12,48	07:16,72	07:20,96	07:25,20	07:46,40	08:07,60	08:28,80	08:50,00	09:11,20	09:32,40	09:53,60	10:14,80	10:36,00	10:57,20	11:18,40
05:17,25	05:38,40	05:59,55	06:20,70	06:24,93	06:29,16	06:33,39	06:37,62	06:41,85	06:46,08	06:50,31	06:54,54	06:58,77	07:03,00	07:07,23	07:11,46	07:15,69	07:19,92	07:24,15	07:45,30	08:06,45	08:27,60	08:48,75	09:09,90	09:31,05	09:52,20	10:13,35	10:34,50	10:55,65	11:16,80
05:16,50	05:37,60	05:58,70	06:19,80	06:24,02	06:28,24	06:32,46	06:36,68	06:40,90	06:45,12	06:49,34	06:53,56	06:57,78	07:02,00	07:06,22	07:10,44	07:14,66	07:18,88	07:23,10	07:44,20	08:05,30	08:26,40	08:47,50	09:08,60	09:29,70	09:50,80	10:11,90	10:33,00	10:54,10	11:15,20
05:15,75	05:36,80	05:57,85	06:18,90	06:23,11	06:27,32	06:31,53	06:35,74	06:39,95	06:44,16	06:48,37	06:52,58	06:56,79	07:01,00	07:05,21	07:09,42	07:13,63	07:17,84	07:22,05	07:43,10	08:04,15	08:25,20	08:46,25	09:07,30	09:28,35	09:49,40	10:10,45	10:31,50	10:52,55	11:13,60
05:15,00	05:36,00	05:57,00	06:18,00	06:22,20	06:26,40	06:30,60	06:34,80	06:39,00	06:43,20	06:47,40	06:51,60	06:55,80	07:00,00	07:04,20	07:08,40	07:12,60	07:16,80	07:21,00	07:42,00	08:03,00	08:24,00	08:45,00	09:06,00	09:27,00	09:48,00	10:09,00	10:30,00	10:51,00	11:12,00
05:14,25	05:35,20	05:56,15	06:17,10	06:21,29	06:25,48	06:29,67	06:33,86	06:38,05	06:42,24	06:46,43	06:50,62	06:54,81	06:59,00	07:03,19	07:07,38	07:11,57	07:15,76	07:19,95	07:40,90	08:01,85	08:22,80	08:43,75	09:04,70	09:25,65	09:46,60	10:07,55	10:28,50	10:49,45	11:10,40
05:13,50	05:34,40	05:55,30	06:16,20	06:20,38	06:24,56	06:28,74	06:32,92	06:37,10	06:41,28	06:45,46	06:49,64	06:53,82	06:58,00	07:02,18	07:06,36	07:10,54	07:14,72	07:18,90	07:39,80	08:00,70	08:21,60	08:42,50	09:03,40	09:24,30	09:45,20	10:06,10	10:27,00	10:47,90	11:08,80
05:12,75	05:33,60	05:54,45	06:15,30	06:19,47	06:23,64	06:27,81	06:31,98	06:36,15	06:40,32	06:44,49	06:48,66	06:52,83	06:57,00	07:01,17	07:05,34	07:09,51	07:13,68	07:17,85	07:38,70	07:59,55	08:20,40	08:41,25	09:02,10	09:22,95	09:43,80	10:04,65	10:25,50	10:46,35	11:07,20
05:12,00	05:32,80	05:53,60	06:14,40	06:18,56	06:22,72	06:26,88	06:31,04	06:35,20	06:39,36	06:43,52	06:47,68	06:51,84	06:56,00	07:00,16	07:04,32	07:08,48	07:12,64	07:16,80	07:37,60	07:58,40	08:19,20	08:40,00	09:00,80	09:21,60	09:42,40	10:03,20	10:24,00	10:44,80	11:05,60
05:11,25	05:32,00	05:52,75	06:13,50	06:17,65	06:21,80	06:25,95	06:30,10	06:34,25	06:38,40	06:42,55	06:46,70	06:50,85	06:55,00	06:59,15	07:03,30	07:07,45	07:11,60	07:15,75	07:36,50	07:57,25	08:18,00	08:38,75	08:59,50	09:20,25	09:41,00	10:01,75	10:22,50	10:43,25	11:04,00
05:10,50	05:31,20	05:51,90	06:12,60	06:16,74	06:20,88	06:25,02	06:29,16	06:33,30	06:37,44	06:41,58	06:45,72	06:49,86	06:54,00	06:58,14	07:02,28	07:06,42	07:10,56	07:14,70	07:35,40	07:56,10	08:16,80	08:37,50	08:58,20	09:18,90	09:39,60	10:00,30	10:21,00	10:41,70	11:02,40
05:09,75	05:30,40	05:51,05	06:11,70	06:15,83	06:19,96	06:24,09	06:28,22	06:32,35	06:36,48	06:40,61	06:44,74	06:48,87	06:53,00	06:57,13	07:01,26	07:05,39	07:09,52	07:13,65	07:34,30	07:54,95	08:15,60	08:36,25	08:56,90	09:17,55	09:38,20	09:58,85	10:19,50	10:40,15	11:00,80
05:09,00	05:29,60	05:50,20	06:10,80	06:14,92	06:19,04	06:23,16	06:27,28	06:31,40	06:35,52	06:39,64	06:43,76	06:47,88	06:52,00	06:56,12	07:00,24	07:04,36	07:08,48	07:12,60	07:33,20	07:53,80	08:14,40	08:35,00	08:55,60	09:16,20	09:36,80	09:57,40	10:18,00	10:38,60	10:59,20
05:08,25	05:28,80	05:49,35	06:09,90	06:14,01	06:18,12	06:22,23	06:26,34	06:30,45	06:34,56	06:38,67	06:42,78	06:46,89	06:51,00	06:55,11	06:59,22	07:03,33	07:07,44	07:11,55	07:32,10	07:52,65	08:13,20	08:33,75	08:54,30	09:14,85	09:35,40	09:55,95	10:16,50	10:37,05	10:57,60
05:07,50	05:28,00	05:48,50	06:09,00	06:13,10	06:17,20	06:21,30	06:25,40	06:29,50	06:33,60	06:37,70	06:41,80	06:45,90	06:50,00	06:54,10	06:58,20	07:02,30	07:06,40	07:10,50	07:31,00	07:51,50	08:12,00	08:32,50	08:53,00	09:13,50	09:34,00	09:54,50	10:15,00	10:35,50	10:56,00
05:06,75	05:27,20	05:47,65	06:08,10	06:12,19	06:16,28	06:20,37	06:24,46	06:28,55	06:32,64	06:36,73	06:40,82	06:44,91	06:49,00	06:53,09	06:57,18	07:01,27	07:05,36	07:09,45	07:29,90	07:50,35	08:10,80	08:31,25	08:51,70	09:12,15	09:32,60	09:53,05	10:13,50	10:33,95	10:54,40
05:06,00	05:26,40	05:46,80	06:07,20	06:11,28	06:15,36	06:19,44	06:23,52	06:27,60	06:31,68	06:35,76	06:39,84	06:43,92	06:48,00	06:52,08	06:56,16	07:00,24	07:04,32	07:08,40	07:28,80	07:49,20	08:09,60	08:30,00	08:50,40	09:10,80	09:31,20	09:51,60	10:12,00	10:32,40	10:52,80
05:05,25	05:25,60	05:45,95	06:06,30	06:10,37	06:14,44	06:18,51	06:22,58	06:26,65	06:30,72	06:34,79	06:38,86	06:42,93	06:47,00	06:51,07	06:55,14	06:59,21	07:03,28	07:07,35	07:27,70	07:48,05	08:08,40	08:28,75	08:49,10	09:09,45	09:29,80	09:50,15	10:10,50	10:30,85	10:51,20
05:04,50	05:24,80	05:45,10	06:05,40	06:09,46	06:13,52	06:17,58	06:21,64	06:25,70	06:29,76	06:33,82	06:37,88	06:41,94	06:46,00	06:50,06	06:54,12	06:58,18	07:02,24	07:06,30	07:26,60	07:46,90	08:07,20	08:27,50	08:47,80	09:08,10	09:28,40	09:48,70	10:09,00	10:29,30	10:49,60
05:03,75	05:24,00	05:44,25	06:04,50	06:08,55	06:12,60	06:16,65	06:20,70	06:24,75	06:28,80	06:32,85	06:36,90	06:40,95	06:45,00	06:49,05	06:53,10	06:57,15	07:01,20	07:05,25	07:25,50	07:45,75	08:06,00	08:26,25	08:46,50	09:06,75	09:27,00	09:47,25	10:07,50	10:27,75	10:48,00
05:03,00	05:23,20	05:43,40	06:03,60	06:07,64	06:11,68	06:15,72	06:19,76	06:23,80	06:27,84	06:31,88	06:35,92	06:39,96	06:44,00	06:48,04	06:52,08	06:56,12	07:00,16	07:04,20	07:24,40	07:44,60	08:04,80	08:25,00	08:45,20	09:05,40	09:25,60	09:45,80	10:06,00	10:26,20	10:46,40
05:02,25	05:22,40	05:42,55	06:02,70	06:06,73	06:10,76	06:14,79	06:18,82	06:22,85	06:26,88	06:30,91	06:34,94	06:38,97	06:43,00	06:47,03	06:51,06	06:55,09	06:59,12	07:03,15	07:23,30	07:43,45	08:03,60	08:23,75	08:43,90	09:04,05	09:24,20	09:44,35	10:04,50	10:24,65	10:44,80
05:01,50	05:21,60	05:41,70	06:01,80	06:05,82	06:09,84	06:13,86	06:17,88	06:21,90	06:25,92	06:29,94	06:33,96	06:37,98	06:42,00	06:46,02	06:50,04	06:54,06	06:58,08	07:02,10	07:22,20	07:42,30	08:02,40	08:22,50	08:42,60	09:02,70	09:22,80	09:42,90	10:03,00	10:23,10	10:43,20
05:00,75	05:20,80	05:40,85	06:00,90	06:04,91	06:08,92	06:12,93	06:16,94	06:20,95	06:24,96	06:28,97	06:32,98	06:36,99	06:41,0																

Rechenzeiten 400m - Strecken

Prozent	125%	120%	115%	110%	109%	108%	107%	106%	105%	104%	103%	102%	101%	100%	99%	98%	97%	96%	95%	90%	85%	80%	75%	70%	65%	60%	55%	50%
04:31,50	04:49,60	05:07,70	05:25,80	05:29,42	05:33,04	05:36,66	05:40,28	05:43,90	05:47,52	05:51,14	05:54,76	05:58,38	06:02,00	06:05,62	06:09,24	06:12,86	06:16,48	06:20,10	06:38,20	06:56,30	07:14,40	07:32,50	07:50,60	08:08,70	08:26,80	08:44,90	09:03,00	
04:30,75	04:48,80	05:06,85	05:24,90	05:28,51	05:32,12	05:35,73	05:39,34	05:42,95	05:46,56	05:50,17	05:53,78	05:57,39	06:01,00	06:04,61	06:08,22	06:11,83	06:15,44	06:19,05	06:37,10	06:55,15	07:13,20	07:31,25	07:49,30	08:07,35	08:25,40	08:43,45	09:01,50	
04:30,00	04:48,00	05:06,00	05:24,00	05:27,60	05:31,20	05:34,80	05:38,40	05:42,00	05:45,60	05:49,20	05:52,80	05:56,40	06:00,00	06:03,60	06:07,20	06:10,80	06:14,40	06:18,00	06:36,00	06:54,00	07:12,00	07:30,00	07:48,00	08:06,00	08:24,00	08:42,00	09:00,00	
04:29,25	04:47,20	05:05,15	05:23,10	05:26,69	05:30,28	05:33,87	05:37,46	05:41,05	05:44,64	05:48,23	05:51,82	05:55,41	05:59,00	06:02,59	06:06,18	06:09,77	06:13,36	06:16,95	06:34,90	06:52,85	07:10,80	07:28,75	07:46,70	08:04,65	08:22,60	08:40,55	08:58,50	
04:28,50	04:46,40	05:04,30	05:22,20	05:25,78	05:29,36	05:32,94	05:36,52	05:40,10	05:43,68	05:47,26	05:50,84	05:54,42	05:58,00	06:01,58	06:05,16	06:08,74	06:12,32	06:15,90	06:33,80	06:51,70	07:09,60	07:27,50	07:45,40	08:03,30	08:21,20	08:39,10	08:57,00	
04:27,75	04:45,60	05:03,45	05:21,30	05:24,87	05:28,44	05:32,01	05:35,58	05:39,15	05:42,72	05:46,29	05:49,86	05:53,43	05:57,00	06:00,57	06:04,14	06:07,71	06:11,28	06:14,85	06:32,70	06:50,55	07:08,40	07:26,25	07:44,10	08:01,95	08:19,80	08:37,65	08:55,50	
04:27,00	04:44,80	05:02,60	05:20,40	05:23,96	05:27,52	05:31,08	05:34,64	05:38,20	05:41,76	05:45,32	05:48,88	05:52,44	05:56,00	05:59,56	06:03,12	06:06,68	06:10,24	06:13,80	06:31,60	06:49,40	07:07,20	07:25,00	07:42,80	08:00,60	08:18,40	08:36,20	08:54,00	
04:26,25	04:44,00	05:01,75	05:19,50	05:23,05	05:26,60	05:30,15	05:33,70	05:37,25	05:40,80	05:44,35	05:47,90	05:51,45	05:55,00	05:58,55	06:02,10	06:05,65	06:09,20	06:12,75	06:30,50	06:48,25	07:06,00	07:23,75	07:41,50	07:59,25	08:17,00	08:34,75	08:52,50	
04:25,50	04:43,20	05:00,90	05:18,60	05:22,14	05:25,68	05:29,22	05:32,76	05:36,30	05:39,84	05:43,38	05:46,92	05:50,46	05:54,00	05:57,54	06:01,08	06:04,62	06:08,16	06:11,70	06:29,40	06:47,10	07:04,80	07:22,50	07:40,20	07:57,90	08:15,60	08:33,30	08:51,00	
04:24,75	04:42,40	05:00,05	05:17,70	05:21,23	05:24,76	05:28,29	05:31,82	05:35,35	05:38,88	05:42,41	05:45,94	05:49,47	05:53,00	05:56,53	06:00,06	06:03,59	06:07,12	06:10,65	06:28,30	06:45,95	07:03,60	07:21,25	07:38,90	07:56,55	08:14,20	08:31,85	08:49,50	
04:24,00	04:41,60	04:59,20	05:16,80	05:20,32	05:23,84	05:27,36	05:30,88	05:34,40	05:37,92	05:41,44	05:44,96	05:48,48	05:52,00	05:55,52	05:59,04	06:02,56	06:06,08	06:09,60	06:27,20	06:44,80	07:02,40	07:20,00	07:37,60	07:55,20	08:12,80	08:30,40	08:48,00	
04:23,25	04:40,80	04:58,35	05:15,90	05:19,41	05:22,92	05:26,43	05:29,94	05:33,45	05:36,96	05:40,47	05:43,98	05:47,49	05:51,00	05:54,51	05:58,02	06:01,53	06:05,04	06:08,55	06:26,10	06:43,65	07:01,20	07:18,75	07:36,30	07:53,85	08:11,40	08:28,95	08:46,50	
04:22,50	04:40,00	04:57,50	05:15,00	05:18,50	05:22,00	05:25,50	05:29,00	05:32,50	05:36,00	05:39,50	05:43,00	05:46,50	05:50,00	05:53,50	05:57,00	06:00,50	06:04,00	06:07,50	06:25,00	06:42,50	07:00,00	07:17,50	07:35,00	07:52,50	08:10,00	08:27,50	08:45,00	
04:21,75	04:39,20	04:56,65	05:14,10	05:17,59	05:21,08	05:24,57	05:28,06	05:31,55	05:35,04	05:38,53	05:42,02	05:45,51	05:49,00	05:52,49	05:55,98	05:59,47	06:02,96	06:06,45	06:23,90	06:41,35	06:58,80	07:16,25	07:33,70	07:51,15	08:08,60	08:26,05	08:43,50	
04:21,00	04:38,40	04:55,80	05:13,20	05:16,68	05:20,16	05:23,64	05:27,12	05:30,60	05:34,08	05:37,56	05:41,04	05:44,52	05:48,00	05:51,48	05:54,96	05:58,44	06:01,92	06:05,40	06:22,80	06:40,20	06:57,60	07:15,00	07:32,40	07:49,80	08:07,20	08:24,60	08:42,00	
04:20,25	04:37,60	04:54,95	05:12,30	05:15,77	05:19,24	05:22,71	05:26,18	05:29,65	05:33,12	05:36,59	05:40,06	05:43,53	05:47,00	05:50,47	05:53,94	05:57,41	06:00,88	06:04,35	06:21,70	06:39,05	06:56,40	07:13,75	07:31,10	07:48,45	08:05,80	08:23,15	08:40,50	
04:19,50	04:36,80	04:54,10	05:11,40	05:14,86	05:18,32	05:21,78	05:25,24	05:28,70	05:32,16	05:35,62	05:39,08	05:42,54	05:46,00	05:49,46	05:52,92	05:56,38	05:59,84	06:03,30	06:20,60	06:37,90	06:55,20	07:12,50	07:29,80	07:47,10	08:04,40	08:21,70	08:39,00	
04:18,75	04:36,00	04:53,25	05:10,50	05:13,93	05:17,40	05:20,85	05:24,30	05:27,75	05:31,20	05:34,65	05:38,10	05:41,55	05:45,00	05:48,44	05:51,88	05:55,33	05:58,78	06:02,25	06:19,50	06:36,75	06:54,00	07:11,25	07:28,50	07:45,75	08:03,00	08:20,25	08:37,50	
04:18,00	04:35,20	04:52,40	05:09,60	05:13,04	05:16,48	05:19,92	05:23,36	05:26,80	05:30,24	05:33,68	05:37,12	05:40,56	05:44,00	05:47,44	05:50,88	05:54,32	05:57,76	06:01,20	06:18,40	06:35,60	06:52,80	07:10,00	07:27,20	07:44,40	08:01,60	08:18,80	08:36,00	
04:17,25	04:34,40	04:51,55	05:08,70	05:12,13	05:15,56	05:18,99	05:22,42	05:25,85	05:29,28	05:32,71	05:36,14	05:39,57	05:43,00	05:46,43	05:49,86	05:53,29	05:56,72	06:00,15	06:17,30	06:34,45	06:51,60	07:08,75	07:25,90	07:43,05	08:00,20	08:17,35	08:34,50	
04:16,50	04:33,60	04:50,70	05:07,80	05:11,22	05:14,64	05:18,06	05:21,48	05:24,90	05:28,32	05:31,74	05:35,16	05:38,58	05:42,00	05:45,42	05:48,84	05:52,26	05:55,68	05:59,10	06:16,20	06:33,30	06:50,40	07:07,50	07:24,60	07:41,70	07:58,80	08:15,90	08:33,00	
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04:15,00	04:32,00	04:49,00	05:06,00	05:09,40	05:12,80	05:16,20	05:19,60	05:23,00	05:26,40	05:29,80	05:33,20	05:36,60	05:40,00	05:43,40	05:46,80	05:50,20	05:53,60	05:57,00	06:14,00	06:31,00	06:48,00	07:05,00	07:22,00	07:39,00	07:56,00	08:13,00	08:30,00	
04:14,25	04:31,20	04:48,15	05:05,10	05:08,49	05:11,88	05:15,27	05:18,66	05:22,05	05:25,44	05:28,83	05:32,22	05:35,61	05:39,00	05:42,39	05:45,78	05:49,17	05:52,56	05:55,95	06:12,90	06:29,85	06:46,80	07:03,75	07:20,70	07:37,65	07:54,60	08:11,55	08:28,50	
04:13,50	04:30,40	04:47,30	05:04,20	05:07,58	05:10,96	05:14,34	05:17,72	05:21,10	05:24,48	05:27,86	05:31,24	05:34,62	05:38,00	05:41,38	05:44,76	05:48,14	05:51,52	05:54,90	06:11,80	06:28,70	06:45,60	07:02,50	07:19,40	07:36,30	07:53,20	08:10,10	08:27,00	
04:12,75	04:29,60	04:46,45	05:03,30	05:06,67	05:10,04	05:13,41	05:16,78	05:20,15	05:23,52	05:26,89	05:30,26	05:33,63	05:37,00	05:40,37	05:43,74	05:47,11	05:50,48	05:53,85	06:10,70	06:27,55	06:44,40	07:01,25	07:18,10	07:34,95	07:51,80	08:08,65	08:25,50	
04:12,00	04:28,80	04:45,60	05:02,40	05:05,76	05:09,12	05:12,48	05:15,84	05:19,20	05:22,56	05:25,92	05:29,28	05:32,64	05:36,00	05:39,36	05:42,72	05:46,08	05:49,44	05:52,80	06:09,60	06:26,40	06:43,20	07:00,00	07:16,80	07:33,60	07:50,40	08:07,20	08:24,00	
04:11,25	04:28,00	04:44,75	05:01,50	05:04,85	05:08,20	05:11,55	05:14,90	05:18,25	05:21,60	05:24,95	05:28,30	05:31,65	05:35,00	05:38,35	05:41,70	05:45,05	05:48,40	05:51,75	06:08,50	06:25,25	06:42,00	06:58,75	07:15,50	07:32,25	07:49,00	08:05,75	08:22,50	
04:10,50	04:27,20	04:43,90	05:00,60	05:03,94	05:07,28	05:10,62	05:13,96	05:17,30	05:20,64	05:23,98	05:27,32	05:30,66	05:34,00	05:37,34	05:40,68	05:44,02	05:47,36	05:50,70	06:07,40	06:24,10	06:40,80	06:57,50	07:14,20	07:30,90	07:47,60	08:04,30	08:21,00	
04:09,75	04:26,40	04:43,05	04:59,70	05:03,03	05:06,36	05:09,69	05:13,02	05:16,35	05:19,68	05:23,01	05:26,34	05:29,67	05:33,00	05:36,33	05:39,66	05:42,99	05:46,32	05:49,65	06:06,30	06:22,95	06:39,60	06:56,25	07:12,90	07:29,55	07:46,20	08:02,85	08:19,50	
04:09,00	04:25,60	04:42,20	04:58,80	05:02,12	05:05,44	05:08,76	05:12,08	05:15,40	05:18,72	05:22,04	05:25,36	05:28,68	05:32,00	05:35,32	05:38,64	05:41,96	05:45,28	05:48,60	06:05,20	06:21,80	06:38,40	06:55,00	07:11,60	07:28,20	07:44,80	08:01,40	08:18,00	
04:08,25	04:24,80	04:41,35	04:57,90	05:01,21	05:04,52	05:07,83	05:11,14	05:14,45	05:17,76	05:21,07	05:24,38	05:27,69	05:31,00	05:34,31	05:37,62	05:40,93	05:44,24	05:47,55	06:04,10	06:20,65	06:37,20	06:53,75	07:10,30	07:26,85	07:43,40	07:59,95	08:16,50	
04:07,50	04:24,00	04:40,50	04:57,00	05:00,30	05:03,60	05:06,90	05:10,20	05:13,50	05:16,80	05:20,10	05:23,40	05:26,70	05:30,00	05:33,30	05:36,60	05:39,90												

Rechenzeiten 400m - Strecken

Prozent	125%	120%	115%	110%	109%	108%	107%	106%	105%	104%	103%	102%	101%	100%	99%	98%	97%	96%	95%	90%	85%	80%	75%	70%	65%	60%	55%	50%
03:39,75	03:54,40	04:09,05	04:23,70	04:26,63	04:29,56	04:32,49	04:35,42	04:38,35	04:41,28	04:44,21	04:47,14	04:50,07	04:53,00	04:55,93	04:58,86	05:01,79	05:04,72	05:07,65	05:22,30	05:36,95	05:51,60	06:06,25	06:20,90	06:35,55	06:50,20	07:04,85	07:19,50	
03:39,00	03:53,60	04:08,20	04:22,80	04:25,72	04:28,64	04:31,56	04:34,48	04:37,40	04:40,32	04:43,24	04:46,16	04:49,08	04:52,00	04:54,92	04:57,84	05:00,76	05:03,68	05:06,60	05:21,20	05:35,80	05:50,40	06:05,00	06:19,60	06:34,20	06:48,80	07:03,40	07:18,00	
03:38,25	03:52,80	04:07,35	04:21,90	04:24,81	04:27,72	04:30,63	04:33,54	04:36,45	04:39,36	04:42,27	04:45,18	04:48,09	04:51,00	04:53,91	04:56,82	04:59,73	05:02,64	05:05,55	05:20,10	05:34,65	05:49,20	06:03,75	06:18,30	06:32,85	06:47,40	07:01,95	07:16,50	
03:37,50	03:52,00	04:06,50	04:21,00	04:23,90	04:26,80	04:29,70	04:32,60	04:35,50	04:38,40	04:41,30	04:44,20	04:47,10	04:50,00	04:52,90	04:55,80	04:58,70	05:01,60	05:04,50	05:19,00	05:33,50	05:48,00	06:02,50	06:17,00	06:31,50	06:46,00	07:00,50	07:15,00	
03:36,75	03:51,20	04:05,65	04:20,10	04:22,99	04:25,88	04:28,77	04:31,66	04:34,55	04:37,44	04:40,33	04:43,22	04:46,11	04:49,00	04:51,89	04:54,78	04:57,67	05:00,56	05:03,45	05:17,90	05:32,35	05:46,80	06:01,25	06:15,70	06:30,15	06:44,60	06:59,05	07:13,50	
03:36,00	03:50,40	04:04,80	04:19,20	04:22,08	04:24,96	04:27,84	04:30,72	04:33,60	04:36,48	04:39,36	04:42,24	04:45,12	04:48,00	04:50,88	04:53,76	04:56,64	04:59,52	05:02,40	05:16,80	05:31,20	05:45,60	06:00,00	06:14,40	06:28,80	06:43,20	06:57,60	07:12,00	
03:35,25	03:49,60	04:03,95	04:18,30	04:21,17	04:24,04	04:26,91	04:29,78	04:32,65	04:35,52	04:38,39	04:41,26	04:44,13	04:47,00	04:49,87	04:52,74	04:55,61	04:58,48	05:01,35	05:15,70	05:30,05	05:44,40	05:58,75	06:13,10	06:27,45	06:41,80	06:56,15	07:10,50	
03:34,50	03:48,80	04:03,10	04:17,40	04:20,26	04:23,12	04:25,98	04:28,84	04:31,70	04:34,56	04:37,42	04:40,28	04:43,14	04:46,00	04:48,86	04:51,72	04:54,58	04:57,44	05:00,30	05:14,60	05:28,90	05:43,20	05:57,50	06:11,80	06:26,10	06:40,40	06:54,70	07:09,00	
03:33,75	03:48,00	04:02,25	04:16,50	04:19,35	04:22,20	04:25,05	04:27,90	04:30,75	04:33,60	04:36,45	04:39,30	04:42,15	04:45,00	04:47,85	04:50,70	04:53,55	04:56,40	04:59,25	05:13,50	05:27,75	05:42,00	05:56,25	06:10,50	06:24,75	06:39,00	06:53,25	07:07,50	
03:33,00	03:47,20	04:01,40	04:15,60	04:18,44	04:21,28	04:24,12	04:26,96	04:29,80	04:32,64	04:35,48	04:38,32	04:41,16	04:44,00	04:46,84	04:49,68	04:52,52	04:55,36	04:58,20	05:12,40	05:26,60	05:40,80	05:55,00	06:09,20	06:23,40	06:37,60	06:51,80	07:06,00	
03:32,25	03:46,40	04:00,55	04:14,70	04:17,53	04:20,36	04:23,19	04:26,02	04:28,85	04:31,68	04:34,51	04:37,34	04:40,17	04:43,00	04:45,83	04:48,66	04:51,49	04:54,32	04:57,15	05:11,30	05:25,45	05:39,60	05:53,75	06:07,90	06:22,05	06:36,20	06:50,35	07:04,50	
03:31,50	03:45,60	03:59,70	04:13,80	04:16,62	04:19,44	04:22,26	04:25,08	04:27,90	04:30,72	04:33,54	04:36,36	04:39,18	04:42,00	04:44,82	04:47,64	04:50,46	04:53,28	04:56,10	05:10,20	05:24,30	05:38,40	05:52,50	06:06,60	06:20,70	06:34,80	06:48,90	07:03,00	
03:30,75	03:44,80	03:58,85	04:12,90	04:15,71	04:18,52	04:21,33	04:24,14	04:26,95	04:29,76	04:32,57	04:35,38	04:38,19	04:41,00	04:43,81	04:46,62	04:49,43	04:52,24	04:55,05	05:09,10	05:23,15	05:37,20	05:51,25	06:05,30	06:19,35	06:33,40	06:47,45	07:01,50	
03:30,00	03:44,00	03:58,00	04:12,00	04:14,80	04:17,60	04:20,40	04:23,20	04:26,00	04:28,80	04:31,60	04:34,40	04:37,20	04:40,00	04:42,80	04:45,60	04:48,40	04:51,20	04:54,00	05:08,00	05:22,00	05:36,00	05:50,00	06:04,00	06:18,00	06:32,00	06:46,00	07:00,00	
03:29,25	03:43,20	03:57,15	04:11,10	04:13,89	04:16,68	04:19,47	04:22,26	04:25,05	04:27,84	04:30,63	04:33,42	04:36,21	04:39,00	04:41,79	04:44,58	04:47,37	04:50,16	04:52,95	05:06,90	05:20,85	05:34,80	05:48,75	06:02,70	06:16,65	06:30,60	06:44,55	06:58,50	
03:28,50	03:42,40	03:56,30	04:10,20	04:12,98	04:15,76	04:18,54	04:21,32	04:24,10	04:26,88	04:29,66	04:32,44	04:35,22	04:38,00	04:40,78	04:43,56	04:46,34	04:49,12	04:51,90	05:05,80	05:19,70	05:33,60	05:47,50	06:01,40	06:15,30	06:29,20	06:43,10	06:57,00	
03:27,75	03:41,60	03:55,45	04:09,30	04:12,07	04:14,84	04:17,61	04:20,38	04:23,15	04:25,92	04:28,69	04:31,46	04:34,23	04:37,00	04:39,77	04:42,54	04:45,31	04:48,08	04:50,85	05:04,70	05:18,55	05:32,40	05:46,25	06:00,10	06:13,95	06:27,80	06:41,65	06:55,50	
03:27,00	03:40,80	03:54,60	04:08,40	04:11,16	04:13,92	04:16,68	04:19,44	04:22,20	04:24,96	04:27,72	04:30,48	04:33,24	04:36,00	04:38,76	04:41,52	04:44,28	04:47,04	04:49,80	05:03,60	05:17,40	05:31,20	05:45,00	05:58,80	06:12,60	06:26,40	06:40,20	06:54,00	
03:26,25	03:40,00	03:53,75	04:07,50	04:10,25	04:13,00	04:15,75	04:18,50	04:21,25	04:24,00	04:26,75	04:29,50	04:32,25	04:35,00	04:37,75	04:40,50	04:43,25	04:46,00	04:48,75	05:02,50	05:16,25	05:30,00	05:43,75	05:57,50	06:11,25	06:25,00	06:38,75	06:52,50	
03:25,50	03:39,20	03:52,90	04:06,60	04:09,34	04:12,08	04:14,82	04:17,56	04:20,30	04:23,04	04:25,78	04:28,52	04:31,26	04:34,00	04:36,74	04:39,48	04:42,22	04:44,96	04:47,70	05:01,40	05:15,10	05:28,80	05:42,50	05:56,20	06:09,90	06:23,60	06:37,30	06:51,00	
03:24,75	03:38,40	03:52,05	04:05,70	04:08,43	04:11,16	04:13,89	04:16,62	04:19,35	04:22,08	04:24,81	04:27,54	04:30,27	04:33,00	04:35,73	04:38,46	04:41,19	04:43,92	04:46,65	05:00,30	05:13,95	05:27,60	05:41,25	05:54,90	06:08,55	06:22,20	06:35,85	06:49,50	
03:24,00	03:37,60	03:51,20	04:04,80	04:07,52	04:10,24	04:12,96	04:15,68	04:18,40	04:21,12	04:23,84	04:26,56	04:29,28	04:32,00	04:34,72	04:37,44	04:40,16	04:42,88	04:45,60	04:59,20	05:12,80	05:26,40	05:40,00	05:53,60	06:07,20	06:20,80	06:34,40	06:48,00	
03:23,25	03:36,80	03:50,35	04:03,90	04:06,61	04:09,32	04:12,03	04:14,74	04:17,45	04:20,16	04:22,87	04:25,58	04:28,29	04:31,00	04:33,71	04:36,42	04:39,13	04:41,84	04:44,55	04:58,10	05:11,65	05:25,20	05:38,75	05:52,30	06:05,85	06:19,40	06:32,95	06:46,50	
03:22,50	03:36,00	03:49,50	04:03,00	04:05,70	04:08,40	04:11,10	04:13,80	04:16,50	04:19,20	04:21,90	04:24,60	04:27,30	04:30,00	04:32,70	04:35,40	04:38,10	04:40,80	04:43,50	04:57,00	05:10,50	05:24,00	05:37,50	05:51,00	06:04,50	06:18,00	06:31,50	06:45,00	
03:21,75	03:35,20	03:48,65	04:02,10	04:04,79	04:07,48	04:10,17	04:12,86	04:15,55	04:18,24	04:20,93	04:23,62	04:26,31	04:29,00	04:31,69	04:34,38	04:37,07	04:39,76	04:42,45	04:55,90	05:09,35	05:22,80	05:36,25	05:49,70	06:03,15	06:16,60	06:30,05	06:43,50	
03:21,00	03:34,40	03:47,80	04:01,20	04:03,88	04:06,56	04:09,24	04:11,92	04:14,60	04:17,28	04:19,96	04:22,64	04:25,32	04:28,00	04:30,68	04:33,36	04:36,04	04:38,72	04:41,40	04:54,80	05:08,20	05:21,60	05:35,00	05:48,40	06:01,80	06:15,20	06:28,60	06:42,00	
03:20,25	03:33,60	03:46,95	04:00,30	04:02,97	04:05,64	04:08,31	04:10,98	04:13,65	04:16,32	04:18,99	04:21,66	04:24,33	04:27,00	04:29,67	04:32,34	04:35,01	04:37,68	04:40,35	04:53,70	05:07,05	05:20,40	05:33,75	05:47,10	06:00,45	06:13,80	06:27,15	06:40,50	
03:19,50	03:32,80	03:46,10	03:59,40	04:02,06	04:04,72	04:07,38	04:10,04	04:12,70	04:15,36	04:18,02	04:20,68	04:23,34	04:26,00	04:28,66	04:31,32	04:33,98	04:36,64	04:39,30	04:52,60	05:05,90	05:19,20	05:32,50	05:45,80	05:59,10	06:12,40	06:25,70	06:39,00	
03:18,75	03:32,00	03:45,25	03:58,50	04:01,15	04:03,80	04:06,45	04:10,10	04:11,75	04:14,40	04:17,05	04:19,70	04:22,35	04:25,00	04:27,65	04:30,30	04:32,95	04:35,60	04:38,25	04:51,50	05:04,90	05:18,30	05:31,25	05:44,50	05:57,75	06:11,00	06:24,25	06:37,50	
03:18,00	03:31,20	03:44,40	03:57,60	04:00,24	04:02,88	04:05,52	04:08,16	04:10,80	04:13,44	04:16,08	04:18,72	04:21,36	04:24,00	04:26,64	04:29,28	04:31,92	04:34,56	04:37,20	04:50,40	05:03,60	05:16,80	05:30,00	05:43,20	05:56,40	06:09,60	06:22,80	06:36,00	
03:17,25	03:30,40	03:43,55	03:56,70	03:59,33	04:01,96	04:04,59	04:07,22	04:09,85	04:12,48	04:15,11	04:17,74	04:20,37	04:23,00	04:25,63	04:28,26	04:30,89	04:33,52	04:36,15	04:49,30	05:02,45	05:15,60	05:28,75	05:41,90	05:55,05	06:08,20	06:21,35	06:34,50	
03:16,50	03:29,60	03:42,70	03:55,80	03:58,42	04:01,04	04:03,66	04:06,28	04:08,90	04:11,52	04:14,14	04:16,76	04:19,38	04:22,00	04:24,62	04:27,24	04:29,86	04:32,48	04:35,10	04:48,20	05:01,30	05:14,40	05:27,50	05:40,60	05:53,70	06:06,80	06:19,90	06:33,00	
03:15,75	03:28,80	03:41,85	03:54,90	03:57,51	04:00,12	04:02,73	04:05,34	04:07,95	04:10,56	04:13,17	04:15,78	04:18,39	04:21,00	04:23,61	04:26,22	04:28,83												